(The following information comes from a weekly update supplied to the Ogema concerning the tribal government, local communities and issues that affect overall tribal business.

Click here for LRBOI Job Postings
http://www.lrboi.com/hr/index.html

Click here for LRCR Employment
http://www.lrcr.com/employment.html

The Kwewok Group, a native women's group is meeting the 3rd Tuesday every month from noon-5pm in Manistee. Some of their current projects are the LRBOI Princess Committee, Drumming, Beadwork, Regalia Making, Elders Christmas and a variety show. We gladly welcome new members to come join us!!! For more information contact Deb Davis at 231.398. 6724.

Tawagi Ishkode (Fall Fire)
October 7, 8, 9 & 10, 2010 there
will be a Fire set and a lodge for
ceremonies, teachings and talking circles/
discussions at the Gathering Grounds.
On Saturday the 9th there is a community
Sunrise Ceremony/Pwaaganak ceremony
to be held for the Meeting later that day.
Everyone is Welcome.

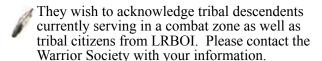
Elders Conference dates announced. The Elders Office has announced their fall conference dates at Little River Casino Resort. The dates are November 6 and 7.

Fall
Membership
Meeting. The Fall
Members Meeting has
been scheduled for
October 9th at Little River.
Be sure to put this on your calendar!

The Ogema will have his Ogema Meet and Greet on October 8th at 6-8PM at the Three Fires Conference Center.

Warriors Society Updates

Warriors Society next meeting is November 6 at the Aki Maadiziwin Community Center



A new ordinance is being reviewed rightnow for the group and it should be available within the next two months.

Wii Bowling League

The CHRs from Tribal Health are holding *Wii* bowling for the Elders at the Community Center on Wedingsday afternoons at 1 p.m. The fun game is really taking off and they hope to add more days as more and more people sign up. For more information, contact your CHR or Tribal Health

Rethinking Columbus!

On Monday, October 11, 2010, Grand Valley State University will present "Rethinking Columbus: Discover the American Indian Perspective" at two programs to present the American Indian perspective to help dispel the theory Columbus discovered America. The first program will be at noon in the Loosemore Auditorium, DeVos Center (Grand Rapids campus). The late afternoon program begins at 4 p.m. in the Louis Armstrong Auditorium (Allendale campus). Both programs are open to GVSU students, faculty, staff and the public. These are free programs.

McClurken at Library!

Dr. James McClurken, author of "Our People, Our Journey" will be giving a presentation at the Manistee County, main branch on Maple Street in Manistee, regarding the book. The presentation will be held on October 12th at 7 p.m. in the upstairs meeting room.

All Singers & Drummers:

There have been a number of request for Singers and a Drum at a number of community events in the coming months. Starting with the Citizenship Meeting scheduled for Oct 9th, the Elders Conference in Nov., For a start we have been given the responsibility to the necessary songs to Welcome Flags, People and to Honor Veteran's at events though out the year. This is a open Drum, meaning that all are welcome to come sit at the drum learn the songs and support the our Community at these requested events. There have been a number of attempts to gain the involvement of both those men and youth new to the drum and those that have more experience out there in our community. Previous groups have formed and have moved on and our efforts here are to sustain a Community Drum that welcomes all that wish to learn some of the responsibilities of the Drum, the necessary and proper songs. The Drum and these songs are a responsibility and needed in our community for the continued support needed.

As singers we need to all know and be able to sing the needed songs, and these practice sessions are there to help us get on the same page with these the songs and messages they carry. It is hope that these practice sessions will allow us to learn together and continue the support of one another in the circle of this drum. This message is sent with respect and hope that both the new and the old will join in this effort within our community. Hope to see you next Wednesday......if you have any questions or concerns please feel free to call Bill Memberto at 398-6728 regarding this effort. Miigwetch!!!

(Kateri Circle)

"I remember Dawson (No Horse) said, 'Once you say your prayers, don't worry about them. If you worry about them, they'll just fade away."

--Chuck Ross, LAKOTA

Today I need to remember You are everywhere.

I need to remember how much You love me. I need to know, Grandfathers, that You are always listening. Today I need to know how much You care. Today I will remember the advice of the Elders. "Say your prayers and then don't worry - know that the Great One has heard you." It's so much easier to do this, Grandfather, when I feel connected to You.

My Creator, allow me this day to feel your presence. Let me walk the path of life today and talk to You many times. Give me faith, my Grandfather.

Come Join the Diabetes Talking Circle

- Learn
- Myths about diabetes
- Diabetes prevention
- Diabetes risk factors
- Types of diabetes
- Eating healthy, dietary guidelines
- Reading food labels and shopping for healthy foods
- Healthy food preparation
- Traditional foods
- Routine medical care

This group can help support your desire to change your eating habits/diet, support a family member with diabetes, and assist you in making changes to be healthier. Tuesday 1:30pm Aki Community Center. Classes run for 12 weeks. For more information or to sign up for a class contact Holly Davis RN, MSN Diabetes Educator/Community Health Nurse 231-398-6610 or Teresa Johnson Community Health Representative at 231-398-6629.

Members News

Muskegon Four Season's **Kateri Circle Gathering for 2010**

Dates and Times for coming events Patti Wlodkowski 755-4865

* Summer Gathering August 8, 10:30-3pm Krause Park, Muskegon

* Halloween Gathering Oct. 17,11 am – 4 pm costume party

* Ghost Supper, Geba-geshick Nov. 7 11 am – 4 pm

*Christmas Gathering Dec. 19, 11 am – 4 pm

Times for the Gatherings held at ST. Thomas Hall 3252 Apple Ave. Muskegon, MI

*The Time for the Summer Gathering will be 10:30 am to 3 pm which will be held at Krause Park {End of Sherman blvd.}

*For all gatherings it is requested that those attending the POTLUCK bring a dish to passWe try to eat at noon for all gatherings

*For Halloween and Christmas gatherings we would like donations of candy so we can make up goodies bags for the children, with the extra going to everyone

Any person who wishes to sell their handmade items at our gatherings is welcome to do so, but you are responsible for your own items.....

Commissions/Committees:

The following commissions have current openings.

Gaming Commission 2 openings **Health Commission** 2 openings Binojeeuk 2 openings LRCR Board 2 openings

All other commission seats available have been filled.

HIS & HERS GOOD FELLOWSHIP AA GROUP

HIS & HERS GOOD FELLOWSHIP AA GROUP has been moved to the Aki Community Center at 2953 Shaw Be Quo-Ung, Manistee. That is at the corner of Dontz Rd. and Shaw Be Quo-Ung (Aki Housing area). The group still meets at 7 p.m. every Thursday evening.

Nutrition Tips:

- Eat three meals a day.
- Start with a healthy breakfast.
- Drink fluids with and between meals - up to 8 glasses a day.
- Select at least 3 servings of milk or milk products.
- Select at least 6 servings of whole grain cereals and breads.
- Select at least 3 servings or more of vegetables and 2 servings of
- Select at least 2 servings of meat, fish or poultry.
- Select smart snacks low in fat and simple sugars.
- Select smart beverages low in simple sugars like sodas.
- Use salt sparingly.
- Use alcohol sparingly.
- Use oils, fats and sweets spar-

Meals served at Noon at no charge to Elders and Spouse who have completed the Intake Form. All others are welcome for a nominal charge not to exceed \$5.00.

Donations are appreciated and are used for program activities and food.

> Please contact Noelle Cross with any questions Phone: 231-398-6886

E-mail: nross@lrboi.com Please register the days you intend to have lunch a week in advance Confact June Sam Phone: 398-6880

Menu subject to change without notice Meals meet 33 1/3 % of the RDI based on a 1600 to 2000 calorie diet.

Aki Community Center Elder Meal Program Menu





1	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						Chicken Noodle Soup 1 Grilled Cheese Jell-O with Pears Vegetable Juice	2
	3	Meatloaf Mashed Potatoes 4 Corn Fruit Cocktail Activity: Card games		Spaghetti Com 6 Garlic Bread Blueberry Pie Activity: Wii Bowling	7	Baked Chicken Cauliflower & S Broccoli Scalloped Potatoes Fruit Crumble	9
đ	10	Geulash Pea & Carrot Salad 11 Combread Pudding	12	BLT's Chicken & 13 Dumplings Carrets & Celery Cake Activity: Wii Bowling	1+	Beef Stew With Veggies 15 Fry Bread Jell-O with Fruit Activity: Chair Exercise	16
	17	BEQ Pork Beans 18 Vegetables Peaches Activity: Prize Bingo		Lasagna Bread Sticks 20 Vegetable Juice Shortcake/Strawberry Activity: Wii Bowling	21	Tuna Noodle Casserole 22 Carrots Wheat Bread Applesauce	23
ė	24	Pork Roast Carrots 25 Red Potatoes Carrot Cake Activity: Nutrition Presentation		Turkey Sandwich Lettuce & Tomato 27 Bean Soup Strawberry Bruchetta Activity: Wii Bowling	20	Hot Beef Sandwich 29 Masihed Potatues Green Beans Pumpkin Pie	30
d	31		Wii Bowling				

Casino Yard Sale!

LRCR Casino Warehouse Sale will be held Friday, October 8th from 5 p.m. until 8 p.m. and on Saturday, October 9th from 8 a.m. until 10 a.m. for Tribal Members.

The sale will then be open to the Public from 10 a.m. until 3 p.m. Linens, chairs, office equipment and lamps are some of the items available. The warehouse is on Dontz Road just past the casino on M22.

Encode your Card!

ID Cards. The Enrollment Department will have the ID machine in the Muskegon Office on October 13th from 9 a.m. until 4 p.m. for those members who need to get the new ID card. Please note that you will not be able to get an ID in Manistee on that date...we only have one machine!

Elders Meeting:



Saturday of every month

Elders Conference dates announced.

The Elders Office has announced their fall conference dates at Little River Casino Resort. The dates are November 6 and 7.

2-1-1 Available for Tribal Members.

In the Manistee area, the 2-1-1 phone service has a tribal component. When you call the number looking for services, area information or other needs, if you identify yourself as being a Tribal Member, they will also help you to find tribal-only services. This has been coordinated with LRBOI Family Services, Members Assistance and other tribal government offices. Brochures and more information are available in some of the government offices. Just call 2-1-1 and let them help!

Compiled by the Office of Public Affairs

Natural Resources Department

Semma (tobacco) plants are available at the Natural Resource Department weekdays 8:00 a.m. to 5 p.m. They are very large plants ready to be planted at a new home. For more information contact: Bonnie B. Harnish **LRBOI Natural Resource Department**, 159 Brick Yard Road, Manistee, MI 49660 Phone: 231-398-2180 Fax: 231-723-8873

Email: bharnish@lrboi.com

Work Search Computer!

The Commerce Department's Workforce Development Program has had a computer installed for job search and career-related activities at the Commerce Dept., 294 River Street. The computer may be used by any Tribal Citizen or Descendant and they must be signed up with the Workforce Development Program. The department also maintains a hard copy Job Postings Book at the workstation for all job postings through Tribal Government and LRCR, as well as other job resource information.

The LRBOI Elders Committee is taking bids to provide next year's lunches for the Elders meetings. The bids must be based on the following:

Protein Starch Vegetable Bread Salad Dessert

Please send the bids to June Sam at Aki Maadiziwin, phone 231.398.68

If you have any specific questions, ideas or comments regarding this information, please address them to: The Office of Public Affairs, LRBOI, 375 River Street, Manistee, MI. 49660. 231-398-6840.

Or send them direct to currentscomments@lrboi.com.

Your comments will be forwarded to the right person at the tribal government within 24 hours.

Naagadoodaa Anishinaabe Bimaadiziwin Meeting

The Naagadoodaa Anishinaabe Bimaadizwin, group, would like invite Traditional Tribal Citizens to join us to discuss issues of cultural importance.

The Naagadoodaa Anishinaabe Bimaadiziwin group was created so the Traditional Practitioners of our Tribe could discuss concerns of a cultural matter.

The sole purpose for these meetings is to provide access to our cultural heritage, traditional and ceremonial lifeways, and the belief that our cultural heritage should be passed on, preserved and be an important part in our everyday lives.

Together we can bring back our cultural lifeways.

COME AND JOIN US IN SOME THOUGHT PROVOKING CULTURALLY RELATED DISCUSSIONS

Time: 12:00

Date: Wednesday, October 6, 2010

Location: Justice Center, Peacemaking/ Probation Office

Please bring a dish to pass

A LEARNING OPPORTUNITY FOR YOUTH:

"Wilderness Survival...taught from a Cultural Perspective"



The Peacemaking Department will be offering some **FREE** educational classes to youth in the months of **Sept.** and **Oct.** which will focus on basic outdoor skills, taught from a cultural perspective.

These *voluntary sessions* will be on subjects such as: tracking, fire-building, edible and medicinal plants, lost-proofing, building survival shelters, and how to find food and water.

These classes will help us to shape our programs for Indian Village Camp. We will incorporate some of the basic traditional ideals of our tribe. There will be several different instructors and several different times.

For more details on times and locations:

Call Peacemaking at 398-2239 (Patrick D. Wilson) or 398-2240 (Austen J. Brauker)

